

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 68: Nothing Beets Snacking

From Chef Hans: Of all the colorful foods, beets pack an especially nutritious punch—like a magnet, they pull minerals and nutrients from the soil into their main root. That makes this quick and easy beet macadamia “butter” high in protein and iron. Call it a snack or a spread, but it's one a fun dish to have in the fridge when you're feeling hungry or need a pick-me-up. I prefer using smaller (about baseball-sized) fresh beets, which I find the most tender, although you can substitute larger beets or canned beets in a pinch.

BEET-MACADAMIA NUT BUTTER SPREAD

Serves 4-6

INGREDIENTS:

- 7 whole beets
- 1 cup macadamia nuts
- 1/3 cup olive oil or another light oil
- 3 tablespoons sorghum syrup (can substitute with honey or maple syrup)
- Pinch of salt
- Plantain chips or other chips for dipping

DIRECTIONS:

Start by steaming your beets, or roasting them in the oven at 375F, until knife-tender. While still hot, rub them gently with a paper towel to remove the skin.

In a food processor, combine the macadamia nuts, oil, sorghum syrup, and salt, and puree until smooth. Halve the beets and add to the food processor. If the puree is too thick, add a splash of water to reach the desired consistency.

Plate with your favorite chips for dipping and enjoy.

The spread can last up to 2 weeks in the fridge.